



Discover your Raleigh Parks and Recreation Department

Movement and Fitness Classes

Preschool

Ballerina Buttercups (3-5 yrs.)

This class will introduce participants to the basic technique of ballet and tap. Dancers will get the chance to learn the beginning steps for both ballet and tap as well as interact with other children. This class encourages your child's interest in dance by engaging, stimulating, and focusing their natural energy and expressiveness! Ballet and tap shoes are not required.

Session Fee: \$40

#150800 Jan 8-29 W	9:00 AM-10:00 AM
#150802 Feb 5-26 W	9:00 AM-10:00 AM
#150803 Mar 5-26 W	9:00 AM-10:00 AM
#150801 Apr 9-30 W	9:00 AM-10:00 AM

Ballerina Buttercups II (4-5 yrs.)

In this more advance class participants will continue to build on the basic techniques of ballet and tap learned in Ballerina Buttercups. Dancers will also begin to transition into a more structured class with a more technical focus. They will also be introduced to basic French dance vocabulary.

Session Fee: \$40

#150804 Jan 8-29 W	10:00 AM-11:00 AM
#150805 Feb 5-26 W	10:00 AM-11:00 AM
#150806 Mar 5-26 W	10:00 AM-11:00 AM
#150807 Apr 9-30 W	10:00 AM-11:00 AM

Ballet Basics (4-5 yrs.)

Enroll your want-to-be ballerinas in ballet basics today! Steps, combinations and technical training will enhance your child's coordination, vocabulary and musicality with a weekly hour of clear instruction. Dancers will have the chance to refine their technique in a more structured environment. Upon completion dancers will have a clear understanding of the history of ballet, knowledge of the classic ballets and be able to perform numerous of the basic steps necessary for a solid dance foundation.

Session Fee: \$45

#152101 Jan 9-30 Th	9:00 AM-10:00 AM
#152102 Feb 6-27 Th	9:00 AM-10:00 AM
#152103 Mar 6-27 Th	9:00 AM-10:00 AM
#152104 Apr 3-24 Th	9:00 AM-10:00 AM

Little Fancy Feet I (2-3yrs.)

Explore fun and exciting dance moves with your child. Coordination and large motor skills are developed through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such as numbers, colors, letters, and social manners. Instructor: Hanna Chio.

Session Fee: \$36

#152853 Jan 10-31 F	10:50 AM-11:35 AM
#152854 Feb 7-28 F	10:50 AM-11:35 AM
#152855 Mar 7-28 F	10:50 AM-11:35 AM
#152856 Apr 4-25 F	10:50 AM-11:35 AM

Little Fancy Feet II (4-5 yrs.)

Explore fun and exciting dance moves. Coordination and large motor skills are developed through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such as numbers, colors, letters, and social manners. Instructor: Hanna Chio.

Session Fee: \$36

#152857 Jan 10-31 F	11:45 AM-12:30 PM
#152858 Feb 7-28 F	11:45 AM-12:30 PM
#152859 Mar 10-31 F	11:45 AM-12:30 PM
#152860 Apr 4-25 F	11:45 AM-12:30 PM

Mommy & Me Movement (5-30mths.)

A professionally run class for parents and their children aged 5 months-2.5 years. Through interactive games, lively music and simple combinations babies and parents alike can experience the joy of rhythm and dance. Come join this amazing collaboration of play and movement, and burn a few calories while you're at it!

Session Fee: \$45

#152111 Jan 9-30 Th	10:00 AM-11:00 AM
#152112 Feb 6-27 Th	10:00 AM-11:00 AM
#152113 Mar 6-27 Th	10:00 AM-11:00 AM
#152114 Apr 3-24 Th	10:00 AM-11:00 AM

Twinkle Toes I (2-3 yrs.)

Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will be used to promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self-esteem and body awareness. This class is designed to help children transition to dancing independently without parent. Instructor: Bethany Schlegel, BS in Ed. and former USGA Gymnast.

Session Fee: \$40

#150697 Jan 7-28 Tu	11:30 AM-12:15 PM
#150698 Feb 4-25 Tu	11:30 AM-12:15 PM
#150699 Mar 4-25 Tu	11:30 AM-12:15 PM
#150700 Apr 8-29 Tu	11:30 AM-12:15 PM

Tumbling Tinies (9-24 mths.)

Parent and child participate in a fun filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play and more! This class provides a time of fun and togetherness for you and your little one while building their motor skills. Instructor: Bethany Schlegel, BS in Education and former USGA Gymnast.

Session Fee: \$40

#150689 Jan 7-28 Tu	9:30 AM-10:15 AM
#150690 Feb 4-25 Tu	9:30 AM-10:15 AM
#150691 Mar 4-25 Tu	9:30 AM-10:15 AM
#150692 Apr 8-29 Tu	9:30 AM-10:15 AM

RALEIGH PARKS, RECREATION AND CULTURAL RESOURCES

Greystone Recreation Center | 7713-55 Lead Mine Rd | Raleigh, NC 27615
(919) 996-4848 | Director: Elizabeth Daniel | elizabeth.daniel@raleighnc.gov

www.parks.raleighnc.gov/

Revised 12/1/13



Movement & Fitness Classes (cont.)

Preschool

Tumbling Tots (2-3 yrs.)

Parent and child participate in fun filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child while they release energy in a fun and safe setting. Instructor: Bethany Schlegel, Former USGA Gymnast, BS in Elementary Ed.

Session Fee: \$40

#150693	Jan 7-28	Tu	10:30 AM-11:15 AM
#150694	Feb 4-25	Tu	10:30 AM-11:15 AM
#150695	Mar 4-25	Tu	10:30 AM-11:15 AM
#150696	Apr 8-29	Tu	10:30 AM-11:15 AM

Tick Tock I (2-3yrs.)

Older toddlers will learn listening skills and bodily coordination while boosting their self-esteem and confidence. It's the best way to help your child get a healthy dose of exercise. Tap dancing also develops a great sense of rhythm and timing. Tap dancing helps students focus on music awareness while incorporating tap steps and combinations. Also, Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping.

Session Fee: \$36

#152866	Jan 8-29	W	12:15 PM-1:00 PM
#152867	Feb 5-26	W	12:15 PM-1:00 PM
#152868	Mar 5-26	W	12:15 PM-1:00 PM
#152869	Apr 9-30	W	12:15 PM-1:00 PM

Tick Tock II (4-5 yrs.)

Your preschoolers will learn listening skills and bodily coordination while boosting their self-esteem and confidence. It's the best way to help your child get a healthy dose of exercise. Tap dancing also develops a great sense of rhythm and timing. Tap dancing helps students focus on music awareness while incorporating tap steps and combinations. Also, Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping.

Session Fee: \$36

#152861	Jan 8-29	W	1:15 PM-2:00 PM
#152862	Feb 5-26	W	1:15 PM-2:00 PM
#152863	Mar 5-26	W	1:15 PM-2:00 PM
#152865	Apr 9-30	W	1:15 PM-2:00 PM

Adult

Ballroom Dance (15 yrs. & up)

Have fun at social events by learning 6 popular ballroom dances: Foxtrot, Swing, Rumba, Chacha, Waltz, and Hustle. This 6-week course introduces basic steps, timing and 'rules' of the dance floor. The final class is a brief review, followed by a mini Dance Party where you can test your skills! No partner is needed.

Session Fee: \$60

#152821	Jan 3-Feb 7	F	6:00 PM-7:00 PM
#152822	Mar 7-Apr 11	F	6:00 PM-7:00 PM

Cardio Ballet (15 yrs. & up)

Join friends for an hour of ballet infused exercises set to fun, upbeat music. This class offers a chance for a full body workout in a structured, fun environment with ballet based movements. Barre, floor and center work will be incorporated.

Session Fee: \$45

#152106	Jan 9-30	Th	11:00 AM-12:00 PM
#152107	Feb 6-27	Th	11:00 AM-12:00 PM
#152108	Mar 6-27	Th	11:00 AM-12:00 PM
#152109	Apr 3-24	Th	11:00 AM-12:00 PM

Hula Hooping Daily Pass (All ages)

Hooping is a total body work-out that focuses on strengthening core muscles, toning arms and legs and providing a cardio work-out that can burn over 300 calories in a 30 minute session. Participants use custom sized weighted hoops to burn calories, get you fit, and provide lots of fun! Hoops will be provided for each participant.

Hula Hooping Daily Pass: Fee \$5 per class

#150809	Jan 7-Apr 29	Tu	6:15 PM-7:00 PM
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Nice Yoga (15 yrs. & up)

This class will offer core strengthening and stretching as well as movement into sun salutations, poses, and reflective meditations. The pace of this yoga class will be free flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.

Session Fee: \$60

#152166	Jan 7-Mar 25	Tu	6:30 PM-7:00 PM
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Pilates Mat (15 yrs. & up)

Pilates workouts are designed to develop strength through the core of the body-the back, abdomen and hips and to improve flexibility and coordination without the use of weights or other equipment. Our instructor will lead you through a series of moves that target your postural and core muscles while utilizing the weight of your own body to create amazing toning, strengthening, and shaping results.

Mon & Wed Morning Session : Fee: \$50

#150811	Jan 6-29	M, W	11:00 AM-12:00 PM
#150812	Feb 3-26	M, W	11:00 AM-12:00 PM
#150813	Mar 3-31	M, W	11:00 AM-12:00 PM
#150814	Apr 2-28	W, M	11:00 AM-12:00 PM

Wed Evening Session: Fee:

#152815	Jan 8-29	W	6:00 PM-7:00 PM
#152816	Feb 5-26	W	6:00 PM-7:00 PM
#152817	Mar 5-26	W	6:00 PM-7:00 PM
#152818	Apr 2-23	W	6:00 PM-7:00 PM

Pilates Mat Daily Pass: Drop in Fee: \$10 per class

#150810	Jan 6-Apr 30	M, W	from 11-12PM or W from 6-7 PM
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Zumba® with Maria (All Ages)

Certified Zumba Instructor Maria Elena de Leon Angel Williams. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

Greystone Zumba Daily Pass: Fee \$5 per class

#152119	Jan 2-Apr 26	Tu or Th	from 6-7p or Sat from 10-11pm
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Greystone Zumba Punch Pass: Fee \$25 for 5 classes

#152127	Jan 2-Apr 26	Tu or Th	from 6-7p or Sat from 10-11pm
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Movement & Fitness Classes (cont.)

Adult

Seniorcise (All Ages)

Low impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity.

Session Fee: \$8

#151108	Jan 6-27	M	10:00 AM-10:45 AM
#151109	Feb 3-24	M	10:00 AM-10:45 AM
#151110	Mar 3-31	M	10:00 AM-10:45 AM
#151111	Apr 7-28	M	10:00 AM-10:45 AM
#151112	Jan 3-31	F	10:00 AM-10:45 AM
#151113	Feb 7-28	F	10:00 AM-10:45 AM
#151138	Mar 7-28	F	10:00 AM-10:45 AM
#151114	Apr 4-25	F	10:00 AM-10:45 AM

Art, Music, and Educational Classes

Preschool

Suzuki Music for Babies (Up to 2 yrs.)

In this interactive music class for parent and child, parents enjoy watching their babies develop rhythm, melodic awareness, memory & movement. Through activities such as singing, dancing and story time, children learn self-control, sharing, independence & the ability to listen. A home CD & booklet to help reinforce class songs & activities is available for purchase from the instructor.

Session Fee: \$60

#152831	Jan 7-Feb 11	Tu	10:00 AM-10:50 AM
#152832	Mar 4-Apr 8	Tu	10:00 AM-10:50 AM

Swinging and Singing at Greystone (3-5 yrs.)

It is a well-known fact that children learn and remember most when actively and physically involved in a learning situation. We learn best by doing! Swinging and Singing is a special program that teaches children through music and physical movement. The program includes both fine and gross motor skills. Some skills presented are: colors, numbers, letters, following directions, sequence recognition, memory, and the importance of teamwork. The class focuses on self-esteem and doing one's best. Each child should leave the class with a sense of success. Our songs generally involve moving our bodies as we sing, march, and dance. We have lots of fun while we are learning!!!!

Instructor: Ann Daniel

Session Fee: \$40

#152115	Jan 8-29	W	2:30 PM-3:30 PM
#152116	Feb 5-26	W	2:30 PM-3:30 PM
#152117	Mar 5-26	W	2:30 PM-3:30 PM
#152118	Apr 9-30	W	2:30 PM-3:30 PM

Leap Into Learning (4-5 yrs.)

This is a perfect stepping stone from being at home to going off to a full day of school. We will learn basic skills including, numbers, letters, colors, shapes, music, art and other fundamentals necessary to succeed in Kindergarten. Each class participants will enjoy circle time, center time, play time and snack time. We will also teach children skills such as sharing, manners, hygiene and group participation. The best part is that this 3 hour class will allow participants to engage in social activities and interactive play without realizing how much they are learning along the way! All children must be potty trained. All children will need to bring a snack and drink each day.

Session Fee: \$210

#150672	Jan 6-31	M, W, F	9:15 AM-12:15 PM
#150673	Feb 3-28	M, W, F	9:15 AM-12:15 PM
#150674	Mar 3-31	M, W, F	9:15 AM-12:15 PM
#150675	Apr 2-30	W, F, M	9:15 AM-12:15 PM

Let's Build Something (3-5 yrs.)

In addition to providing hours of FUN, LEGOS® are a great educational tool. Patterning practice, fine-motor development, sorting skills (integral for kindergarten math) and helping children to think in 3-D are just a few of the skills your children will enhance in this class.

Session Fee: \$40

#150680	Jan 8-29	W	9:15 AM-10:00 AM
#150681	Feb 5-26	W	9:15 AM-10:00 AM
#150682	Mar 5-26	W	9:15 AM-10:00 AM
#150683	Apr 9-30	W	9:15 AM-10:00 AM

Science Exploration (3-5 yrs.)

We will explore the 'wonder full' world of science by learning about the topic being studied that session and do a project or experiment to reflect the topic of the class. Each session a new theme is discussed. Be sure to check our schedule below for the different themes being offered. This class will be high energy with a lot of motion and movement.

Class Fee: \$40

<i>The Body</i>	#150667	Jan 7-28	Tu	2:00 PM-3:00 PM
<i>Dinosaurs</i>	#150668	Feb 4-25	Tu	2:00 PM-3:00 PM
<i>The Earth</i>	#150669	Mar 4-25	Tu	2:00 PM-3:00 PM
<i>The Weather</i>	#150670	Apr 8-29	Tu	2:00 PM-3:00 PM

Youth

Paper Cutting (6-8 yrs.)

In this fun filled class participants, will learn the art of paper cutting. After reading a book illustrating the art of paper cutting, the instructor and participants will explore and discuss how the example illustrations were created. Then using scissors, paper, and glue, students will make their own piece of artwork using the same technique and approach.

Session Fee: \$45

#152843	Jan 8-29	W	10:30 AM-11:30 AM
#152850	Feb 5-26	W	10:30 AM-11:30 AM
#152851	Mar 5-26	W	10:30 AM-11:30 AM
#152852	Apr 9-30	W	10:30 AM-11:30 AM

Adult

Scrapbooking (15yrs. & up)

Let your imagination run wild as you explore the art of scrapbooking and card making! During this course you will learn basic as well as advance techniques for creating artful and meaningful cards, scrapbook pages, and/or collages. All the basic tools and supplies needed for the class will be provided.

Session Fee: \$50

#152129	Jan 4-25	Sa	9:00 AM-10:30 AM
#152130	Feb 1-22	Sa	9:00 AM-10:30 AM
#152131	Mar 8-29	Sa	9:00 AM-10:30 AM
#152132	Apr 5-26	Sa	9:00 AM-10:30 AM



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Revised 12/1/13

Social Events & Classes

Adult

Greystone Blanketeers (All Ages)

Knit, Crochet, Sew or Quilt for charity! We meet the 4th Tuesday of the month from 1pm-4pm at Greystone Recreation Center (7713-55 Lead Mine Rd). We make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals, and homeless groups. Come join us, meet new people and help bring a little joy to those in need. We do not offer lessons but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information contact Betty Boucher at (919) 251-9120.

Session Fee: \$0

#150808 Jan 28-Apr 22 on 4th Tuesday of the month from 1-4PM

Bingo (All ages)

This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

Session Fee: \$0

#151913 Jan 7-Apr 29 on 1st & 3rd Tuesdays of the month from 2-3:30PM

Mah Jongg Beginners (All Ages)

Mah Jongg is a tile game that can be traced back to the 1800s. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself.

Session Fee: \$0

#152121 Jan 6-27 M 2:00 PM-4:00 PM

Mah Jongg Intermediate (All Ages)

These intermediate workshops are for those who have been through the Mah Jongg beginners workshop or have played the game in the past and need a refresher course.

Session Fee: \$0

#152125 Feb 3-24 M 2:00 PM-4:00 PM

Mah Jongg Open Play (All Ages)

This program is for those that know how to play and do not need instructions. Bring your game boards and cards, some supplies are available.

Session Fee: \$0

#155107 Feb 3-24 M 2:00 PM-4:00 PM

Senior Fridays (55 yrs. & up)

Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Class Fee: \$0

#150684 Jan 3-Apr 25 F 1:00 PM-3:00 PM